

WHAT IS CLAIMED IS:

1. An exercise apparatus, comprising:

a frame designed to rest upon a floor surface;

a seat mounted on the frame;

5 a support movably mounted on the frame;

at least one pedal crank rotatably mounted on the support; and

a resisting means for resisting movement of the support away from the seat.

10 2. An exercise apparatus, comprising:

a frame designed to rest upon a floor surface;

a seat mounted on the frame;

left and right pedal cranks rotatably mounted on the frame;

15 a resisting means for resisting rotation of the pedal cranks; and

a sensing means for sensing compressive force between the pedal cranks and the seat, wherein the sensing means and the resisting means are connected in such a manner that relative
20 greater compressive force results in relatively less resistance to rotation of the pedal cranks.